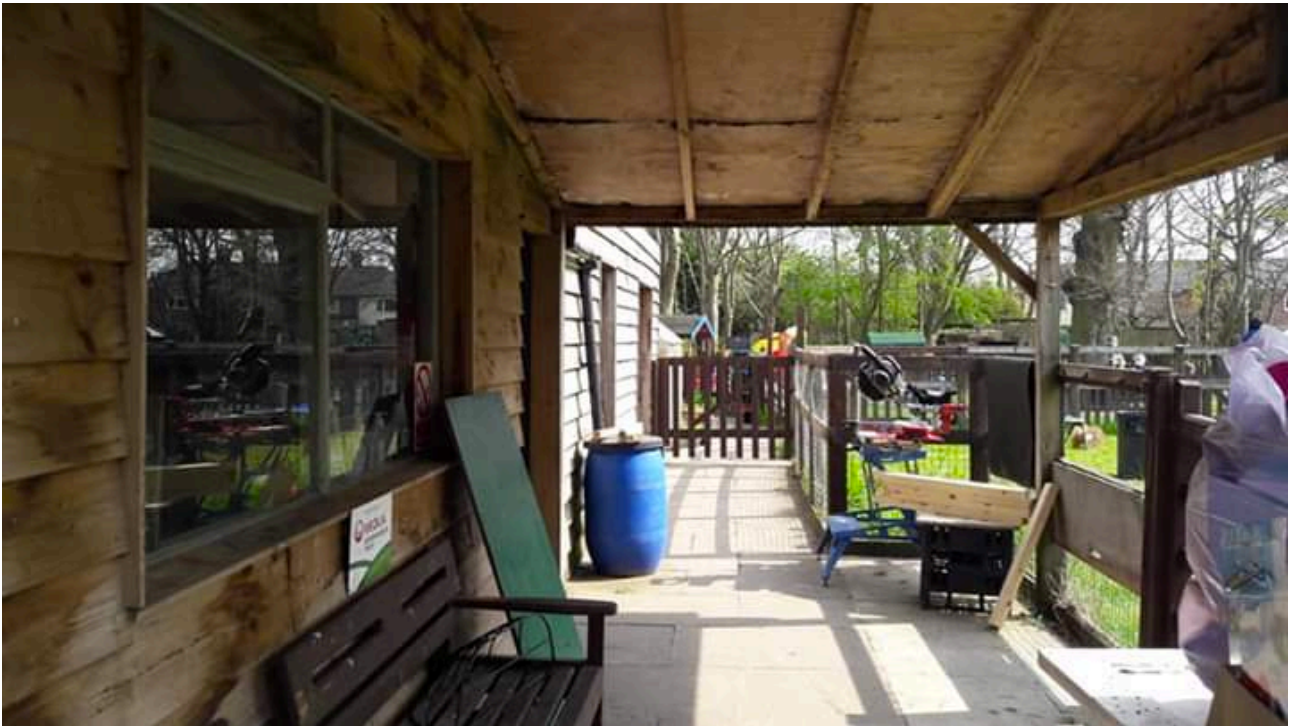
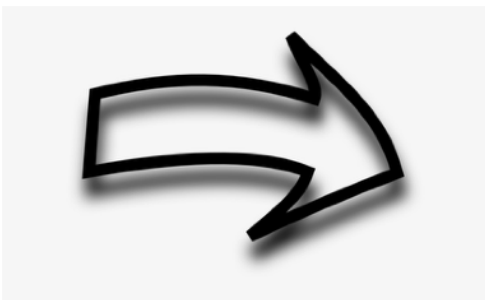


Acocks Green Men's Shed



Feeling bored? Get the scissors at the ready and see the back page.



News from Dave

I don't know about you guys and gals, but I'm becoming very fed up without all of you around to have a chat with?

You'll never guess what I decided to make the other day? Look on the right hand side and you'll see a box big enough for a robin or wren to make a home.

It's 3 sided, made using some very warped pieces from my scrap box. Too late for this year really, but if some birds are late starters it might get used.



I know I'm probably lucky that I've got a small workshop, however, it's not a lot of good without materials to work with, and I ran out of those some time ago! Surprisingly though, when I cleared out the garden shed today I did find a few pieces of very rough wood. I wasn't sure quite what to do with them, but I decided to start off by making them all the same size. I find one way of doing that is to stick them in a G clamp and either plane or sand them. I did manage to make a start yesterday afternoon, but still haven't any idea what to make! Any ideas?

By the time I packed up this afternoon I had managed to make them all the same size, but not exactly 'square', but that's for tomorrow! I think I might attempt to make some kind of surrealistic sculpture, though of course it can't be, can it? Sculpture I mean. I'd have to have cut it about for it to be a sculpture, and this one would be bits of wood added together, wouldn't it?



HELP PLEASE!

I'd wondered about making is a press to squeeze down the ground coffee in the metal filter cup. At the moment I do it by hand, using a round plastic thingy to press the coffee down. It's never very successful, so I tend to get weaker espresso than I really enjoy. I noticed that in Costa Coffee, the Baristas have a small machine into which they sit the handle with the cup inside it filled with ground coffee and pull down on a handle before they put it into the coffee machine. Not sure what they're called, but perhaps you've seen one? Any ideas about how I might go about making one?

News from Michael



I have had power chairs for many years and also use a power assisted hand wheelchair. I had noticed when we were abroad that some manual wheelchairs had got front wheel attachments. Some were battery powered and some hand powered. They were being used for exercise. So, I thought I would like to try a hand driven bicycle cum wheelchair.

After making several enquiries I discovered that all the attachments did not fit on any wheelchair I would also have require a specialist wheelchair. After trawling the internet we contacted a company who put us in touch with by a mobility association

Having given over our requirements for the chair and attachment we were quoted approaching £9,000. After a few minutes to recover and pick myself up of the floor knowing this was not an affordable option Carol came across an association 'Get Cycling' in York who managed to do our requirement for less than £1,000 a full blown hand cycle.

Having used it several times on the flat it was fine but any slight incline I began to struggle. Again, back to the internet and I found a man who had had an accident and also went to a three wheeled hand cycle and had the same experience as me. He designed and made a power wheel attachment for the rear of the trike. Unfortunately, he did not go into production, so from the pictures he had put on the internet I got some part together to manufacture one myself.

This project required a frame which I purchased as a scrap bike of 'Gumtree' and repurposed it for my requirements.

After a few pitfalls and set backs I am now ready to join the bike and attachment together, I am at a stage when we are getting ready to test but sadly not during the lock down this is not possible .As soon as it is safe to do so I will complete and send pictures of them together

I have been keeping busy during this time but can't wait to get back to the shed as I am missing you all.

Peter's Quiz Page

Hi all. Not having a workshop, or much in the way of tools or machinery I haven't got anything to report about what I've made! I've been getting out on runs a few times a week, socially distanced runs of course. And in order to keep in contact with members of the running club we've been holding a weekly online pub quiz. It seems to be going down really well so I thought you might like to try something similar. Unfortunately, some people don't have internet access so let's try it the conventional way.

Answers on our Facebook Page or in the next Newsletter.

1) Can you name the following people?



2) One of the people supplied the following questions to our pub quiz. See how you do. Can you name the following sweets:

- a) Skcinres b) Tlaesremsa c) Labor In d) Rebel Ont e) Bonnier Duke
f) Office Strep g) Baa War Key h) Theater Fig i) Chime Sun j) A Dirk Limy

Getting through COVID-19 lockdown and after. By Jasvinder

I have listed a few points which may help you to stay physically and mentally healthy. The best way to use the guide is if you find that you are not using or practising some of the points, just increase that activity a little.

- 1 **Do you feel secure in your home life?** If not what do you need to do? Where can you get help? Call one of the Shedders if you need to talk.
- 2 **Do you feel secure in your environment?** At the moment keep yourself safe. Use your garden; have a walk observing social distance?
- 3 **Do you feel you are receiving enough attention?** It is important in this period of lockdown to contact people who appreciate you.
- 4 **Do you give other people enough attention?** It is a great opportunity in this period of lockdown to contact people who you want to thank. This is a good time to contact people who you have not talked to for a number of years.
- 5 **Do you feel in control of your life most of the time?** In these uncertain times it is important that you create your own daily procedures. Good sleep, getting up at the same time, make a list of things you want to complete in the day.
- 6 **Can you obtain privacy when you need to?** It is important to have your own space in a day, where you can sit quietly with your thoughts. This is very important to keep your sanity!
- 7 **Keep in touch with friends?** Pick up the phone - it's good to talk!
- 8 **Are you achieving things and feeling competent?** Get creative, pursue your hobbies like gardening, making things, observing nature, reading or learning something new.
- 9 **Are you mentally and/or physically being stretched?** Set yourself challenges and goals- use your imagination!
- 10 **Are you getting enough restful sleep?** Sleep is important for physical and mental health. During sleep your body is repaired and mental issues are resolved.
- 11 **Minimise you exposure to TV, internet, mobile and electronic games.** These increase your anxiety and affect your sleep.

Try to keep the above in balance to stay healthy, mentally alert and active.

Bored? Try putting this lot together!

